



**INTERNATIONAL DAY
OF UNIVERSITY SPORT**
Proclaimed by UNESCO
20 September

2026 INTERNATIONAL DAY OF UNIVERSITY SPORT

A TOOLKIT FOR NATIONAL UNIVERSITY
SPORT FEDERATIONS IN OCEANIA



LetsIDUS



About IDUS.

FISU Oceania is excited to have you involved in the celebrations for International Day of University Sport on 20 September 2026.

The International Day of University Sport is celebrated annually on 20 September. Officially proclaimed by the United Nations Education, Science and Culture Organisation (UNESCO), this celebration helps bring university communities together and showcases sport and physical activity as positive influences to physical and mental health.

Known as IDUS, the day is celebrated globally with universities, National University Sport Federation and Continental University Sport Federations hosting activities and celebrations.

This resource has been developed to assist your Federation or university in organising an event or activity for IDUS. Your event or activity can be held on 20 September or in the days leading up to or in the week of 20 September.



About FISU Oceania.

FISU Oceania is one of five Continental University Sport Federations. Our Federation aims to increase the impact of university sport in the Oceania region via leadership, development, engagement and partnerships.

Each year, FISU Oceania celebrates IDUS across our region.

In 2026, FISU Oceania IDUS celebrations will focus on promoting positive and healthy habits including health, nutrition, activity and mental health. Using our social media, we plan to reach more of the Oceania and global university community to encourage and promote a healthier lifestyle.

Follow us on social media and link up with other countries and continents as the world celebrates IDUS.



THIS TOOLKIT

This toolkit is designed to provide inspiration on how your university or Federation can celebrate IDUS. It provides tips, hints and activity ideas to get the most from your IDUS celebrations.

OUR IDUS GOAL

We want as many universities as possible to join in IDUS celebrations. This goal helps to showcase that university sport:

- Brings people together and creates unity and friendships
- Supports student health & wellbeing
- Provides opportunities for students
- Compliments university student studies
- Promotes friendships and networks
- Engages students on campus
- Contributes to graduate employability



TAG US IN YOUR SOCIAL POSTS



fisuoceania



fisu

USE THESE HASHTAGS IN YOUR SOCIALS



WeAreOceania



IDUS2026



LetsIDUS



universitiesport

Activity ideas

Holding an IDUS activity on campus can be easy and managed with no equipment or very little equipment. Here are some ideas - what else can you think of?



NO EQUIPMENT

- Morning stretching class
- Group lunchtime walk
- Body weight group fitness class
- Group evening run
- Walking tour of your campus
- Gymnasium open day



NO EQUIPMENT

- Promote a 'walk to uni' day
- Organise an online quiz night
- Hold the largest outdoor fitness class
- Create a walking challenge
- Encourage activity breaks
- Promote walking meetings



SOME EQUIPMENT

- Free fitness classes and gym use
- Scavenger hunt around campus
- Sport education workshops
- Offer a free breakfast after a walk
- Sports coaching session
- Fitness testing



SOME EQUIPMENT

- Free yoga class
- Sporting trick competition
- Come and try sport activities
- Fun novelty games
- Social sport games
- Vertical jump competitions

Event ideas

Why not go all the way and hold a planned event on campus for the whole of campus community.



SMALL EVENTS

- Hold coaching seminars
- Sports promotion booth on campus
- Free gym technique workshops
- Guided wellness walks



SMALL EVENTS

- BBQ and fitness challenge
- Sports trivia night with prizes
- Longest frisbee throw
- Free use of sport facilities on campus



LARGE EVENTS

- Hold an IDUS sports day
- Sports club sign on day
- Fitness centre open day
- Inter faculty sports competition



LARGE EVENTS

- Community sports day
- Talent identification event
- Amazing race around campus
- Come and try wheelchair basketball



INVOLVE STUDENTS

- Aim to involve as many students as possible
- Ask students to bring a friend to your activity or event
- Ask students to help organise your celebrations
- Engage your sports clubs to hold activities

IMAGERY TO USE

To promote IDUS, use imagery that is:

- Inclusive
- Shows on campus and online activities
- Organised sport and social sport
- People of all abilities and fitness levels
- Always include the IDUS logo and #LetsIDUS



PROMOTE IDUS

- Use the countdown tiles we provide on your social media sites
- Create a IDUS campaign around your planned activities on your socials
- Hold an IDUS social media competition with prizes such as merch or free coffee
- Always use IDUS hashtags #LetsIDUS #WeAreOceania #IDUS2026
- Promote IDUS and your activities in university communications
- Share FISU Oceania's social posts
- Use IDUS logos around your campus
- Use the day for a social media channel take over of your social accounts
- Talk about IDUS in your staff meetings to increase awareness at your university
- Prepare a message to staff and students to send on 20 September about how university sport increases student engagement

MORE INFORMATION

GUIDE

BRAND GUIDELINES

About IDUS, event ideas, promotions

WWW

IDUS WEBSITE

For more details and info

KIT

EVENT STARTER KIT

How to organise an IDUS event

BEST

BEST PRACTICES

Examples of events from the world

Logo use

Be sure to make sure you are using the most up to date IDUS logo in your signage, merchandise, social media posts, uniforms and news stories.

The IDUS logo is shown below in landscape and portrait.



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DOWNLOAD LOGOS

Logos for your IDUS activities



ABN: 45656739981

FISU Oceania is a registered charity with the Australian Charities and Not-for-profits Commission

FISU Oceania is a member of Oceania Sport

FISU Oceania is a signatory to the United Nations Sport for Climate Action and Race to Zero initiatives



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